



WEEK 3: JOY

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

In a world constantly chasing happiness through comfort, success, and escape, Jesus offers a different kind of joy. In **Galatians 5**, joy is revealed as fruit produced by the Holy Spirit in lives rooted in Christ. It is not something we create through better circumstances, but something formed within us as we walk closely with Him.

This week, we'll explore how true joy grows through connection to God's presence. Even in difficult seasons, Jesus shows us that joy and sorrow can coexist, and that abiding in Him produces a resilient joy that brings hope, stability, and life in a difficult world.

KEY VERSES

Look up theses additional verses:

Philippians 4:4-7 (NIV)

Galatians 5:22-23 (NIV)

Matthew 5:1-12 (NIV)

Hebrews 12:1-3 (NIV)

DISCUSSION QUESTIONS

1

Joy Versus Happiness

Jesus talks about a kind of joy that is deeper than the world's version happiness or comfort.

- a. What do you think is the difference between happiness and joy?
- b. Why do you think we often look to circumstances to determine how we're doing emotionally?

2

The Blessed Life

In the Beatitudes, Jesus calls people "blessed" even when they are poor, mourning, or meek.

- a. Why do you think Jesus connects the blessed life and joy with difficult unwanted circumstances instead of wanted ones?
- b. Have you ever experienced God's presence strongly during a hard season? What did that look like?

3

Joy in Him

In John 15, Jesus says that abiding in Him leads to joy.

- a. What are some things that pull your attention away from staying connected to Jesus?
- b. What helps you slow down enough to spend some time with God during the week?

4

Being a Joyful Light

Spirit-formed joy becomes visible to the people around us.

- a. How do you think joy affects the atmosphere around a person?
- b. When have you seen someone carry peace or joy in a way that impacted you?

5

Placing Our Joy in Him

When our life takes a turn, sometimes it seems our joy does too, but God wants us to place our joy in Him

- a. Is your joy dependent on your circumstances? Why?
- b. Do you think that it would be possible to have joy in difficult circumstance? Why or why not?

DIVE DEEPER

Reflection Questions: Jesus never promised a pain-free life, but He did promise to be with us in it all.

- Has believing that we might have a pain-free life on earth affected your perspective of God? Why or why not?
- What kind of healthy perspective do you think God wants us to have?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Finding Joy—This week, write down:

- How your current life is affecting your heart?
- How does God want to show up in your life?

Ask the Holy Spirit to help you recognize who your joy is dependent on. Also to know how He is guiding you to see the world through His eyes.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Philippians 4:6-7, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Let the group rest in that promise as you close together in prayer.

NOTES

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